



Homemade Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

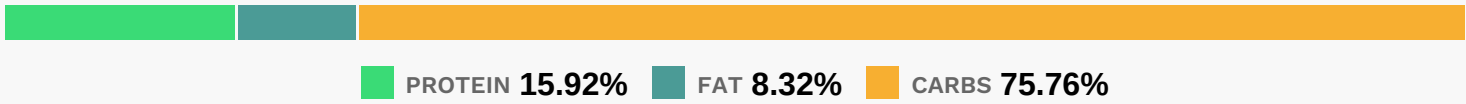
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 1 teaspoon cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 small onion red finely chopped

Equipment

Directions

☐ Combine all ingredients. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:3.4786956258442%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 24.45kcal (1.22%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3g (3.34%), Cholesterol: 0mg (0%), Sodium: 76.33mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 6.66mg (8.08%), Manganese: 0.13mg (6.74%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.67%), Potassium: 194.54mg (5.56%), Fiber: 1.33g (5.33%), Vitamin K: 5.55µg (5.29%), Vitamin B6: 0.1mg (5.08%), Vitamin E: 0.75mg (4.97%), Vitamin B3: 0.73mg (3.67%), Vitamin A: 181.25IU (3.62%), Magnesium: 14.17mg (3.54%), Vitamin B1: 0.05mg (3.39%), Calcium: 26.13mg (2.61%), Folate: 10.2µg (2.55%), Phosphorus: 23.79mg (2.38%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.2mg (1.3%)